MARY MARSHALL, Editor.

DAILY DEPARTMENT OF THE WASHINGTON HERALD.

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SATURDAY, APRIL 16, 1915.

TUESDAY, APRIL Z, 1915.

Black or White?

When some one recently proposed by way of lighting up the general gloom that prevails in England that white be substituted for black as the color for mourning there was much surprise. So ingrain in the popular mind had become the idea that associates black with bereavement and woe. Every one expected to see the widows and sisters of the brave soldiers who had laid down their lives for their country garbed in the conventional crepe that the English folk looking on felt rather cheated at the idea that white was to take its place.

But as a matter of fact the idea of black for mourning is of comparatively recent date. Until the latter part of the fifteenth century white was the accepted color of mourning, and it is said that Queen Anne of Brittany was the women who first donned black mourning, and thereby created a great stir in the fashionable world of Paris and incidentally set a style that has lasted for over three

In far Carhay the use of white mourning still prevails, and a Chinaman recently seeing his daughter, who had been educated in one of our American colleges, clad in the fresh white frock so popular in this country, he was sad and distressed. He knew, of course, that among Occidentals white had a different significance than with his own people. Still the very sight of white cast a spell of gloom, so powerful had become this color association in his mind.

A season or so ago there was an effort among smart women in this country, following a freak of Paris fashion, to adopt the all-white mourning apparel. This was strictly all white. From boots to handbag everything had to be severe, unbroken white. Not even a black hatpin was permitted in order to make this innovation correct. And one did see ew startling "white widows" with their long wells of white crepe at Newport, New York and in our own city. But this rustom did not then become popular. It was suggested merely in an effort on the part of Paris fashion makers to b 4 fferent.

But the feeling which prompts latest innovation is quite different. It is a sincere wish to mitigate some of the and which of necessity must bear most heavily upon the women. Let us hope that this breaking away from the really told them all I knew of Ralph Lovelt.

New York, April 25.—'I went to the arrest for absconding with \$105,000 of securities and \$27,000 in cash from the First National Bank of Edgewater.

The young woman who was men to the largest for absconding with \$105,000 of the hermits of Mount Carmel, and talked over Elijah's life and work, and

HOROSCOPE.

"The stars incline, but do not compel." Tuesday, April 27, 1915.

Astrologers read this as an unimoriant day, so far as planetary dito South America with Lovell, the
New Jersey bank cashier, now under
Newark tomorrow. rection is concerned. Jupiter is in a place held as strongly benefic, however, while Mars and Uranus are ad-

There is a cinister sign governing the affairs of women. Those in business and the professions will suffer severe competition. CALENDAR FRANCES MARSHALL **ECONOMY** Actresses and singers have the au-

gury of extremes in experience. Few will gain extraordinary fame and fortune, while many will meet discouragement and disappointments.

While romances and love affairs are

subject to a sinister sway under this configuration, the spring and summer will be a period of many engagements and marriages. A revival of senti-mental art and literature will reflect a renaissance of Victorian moods and if food is properly cared for as soon test against the assumption that woman

tranus, in adverse aspect, reminds humanity that dereit and treachery will be prevaient during this time of European conflict.

European conflict
Fraud, which involves persons in high place, will cause frequent scandals within the next twelve months, it is prophesied.
This is not a favorable rule for elective persons. There is a sign indicating unusual illness, and many the studen deaths of men past, their cold water and soak them for ten or sudden deaths of men past, their cold water and parboil them for ten or charges on the plea that the children.

sudden deaths of men past their prime.

In the evening Neptune has power that the seers declare encourages fraud and deception.

Or two. Then parboil them for ten or charges on the plea that the children fifteen minutes. They can then safely loved the governess better than their mother.

After this Mary turned her talents to them.

that the seers declare encourages fraud and deception.

The adverse aspects of this planet are supposed to produce seductive influences conducive to irrational actions.

Alter this Mary turned her talents to use After this Mary turned her talents to use them.

Remove all decayed leaves from lettuce, wash it quickly in cold water part with considerable success and no end of criticism. In 1732 she went to tuce, wash it quickly in cold water part with the avowed intention of and then, if you wish to use After this Mary turned her talents to use After this Mary turned her t

Persons whose birthday it is should be more carefully washed, pulled to tered into her intimacy with the Ameri-be contented to remain in their old environment during the coming year. Changes are not well aspected. Wipe off all meat with a damp cloth Children born on this day probably and place it immediately in the religious unhappy connection was finally endfill be high-strung, restless and fond famusement. They are likely to be arlings of the gods, however.

(Copyright, 1912)

Where of an meat with a damp cloth and wite, reasy never married performed in the religious unhappy connection was finally endfilled in London when Mary discovered his unfaithfulness to her. This was followed by her attempt to threw herself into the with cold water, then place them in Changes are not well aspected. of amusement. They are likely to be darlings of the gods, however. (Copyright, 1913.)

Especially in warm weather dress before the gods, however.

For New York's Unemployed.

On Wednesday, Thursday and Friday of this wask New Yorkers will have an opportunity to contribute to the fund for the unemployed of the fund for the unemployed of the fund for the unemployed of the city and the vacation fund for girls, which is being fostered by Miss Anne Worgan. Chutes are being built to-day at seven or eight of the city's busiest centers, the McAlpin Hotel, the Vanderbilt, Knickerbocker, Astor, Fifth Avenue and Forty-second Street and on Wednesday will begin the campaign for donations. The chutes will be presided over by the leading actresse and beauties of the social world. In one day in Philadelphia recently, the chutes collected nearly \$60,000, so it will be seen that the committee in charge of the collections by this method has great hopes for a very substantial offering during the three-day campaign, which is a part of "Self-Sacrifice Week." With the advent of warm weather and the incident let-up in a great many lides of employment the distress among the form and the incident let-up in a great many lides of employment the distress among and stand sweet.

If milk is delivered in bottles, place for fowl and wash them in the refrikerator.

If berries appear slightly molst, pour the minimediately out on a big sheet-the busine, then line refrikerator.

If was marked washing pan, the first minimediately out on a big sheet-the in the refrikerator.

If berries appear slightly molst, pour them into the refrikerator.

If washing but it is safer to wash them prevents midded and soften prevents midded and soften to wash them with reflex them inmediately out on a big sheet-to will immediately out on a big sheet-to will mand of an interfication.

It was when she was in London supporting the them in the refrikerator.

It was wentered to them in the refrikerator.

It was wentered to them in the refrikers and othe pour sheet out washing but it is safer to wash them the huntile stand on a wire stand damp they often mid The state of the s

WOMAN'S HERALD Mrs. Munson's Own Story; Admits Her Trip With Lovell



MRS. LILIAN CAMP MUNSON.

Lovel gave me before we went to an friend.

South America. It was absolutely unnecessary to arrest me. I am being unjustly treated. I think, in return for my efforts to aid the government."

This was the statement made by Mrs. Milan Camp Munson, who went to a tall, handsome woman of 28. She comes from a well-known family in Atlanta, where her father was United States district attorney until his death, a few years like Elias, Elijah, Lazarus, Eleazar, or Elihu.

WHEN THINGS COME FROM

MARKET.

HOUSE-

-WIVES

that this brooking away from the really hideous—hold to say pagan—use of hope-loss, deadly black as a token of mourning will have effects that will be felt on this side of the Atlantic.

The young woman, who was marked to William B. Munson, a whole-sale dry goods merchant, when she for goods merchant, when she for give the department any and all information it wanted, and I turned your formation it wanted, and I turned your formation to a wealthy elderly womover to it the unopened package which lovel, gave me before we went to lovel, was arrested a week ago in formation to a wealthy elderly womover to it the unopened package which lovel, gave me before we went to lovel, gave me before we went to lovel, was arrested a week ago in formation it wanted, and I turned companion to a wealthy elderly womover to it the unopened package which lovel, gave me before we went to lovel, was arrested a week ago in formation it wanted, and I turned companion to a wealthy elderly womover to it the unopened package which lovel, was arrested a week ago in formation it wanted, and I turned companion to a wealthy elderly womover to it the unopened package which lovel, was arrested a week ago in formation to wanted to this country after leaving for the fact that Helle, the look of the fact that Helle, the work was the brook where he had killed over Elijah's life and work, and taked o

April 27-Mary Godwin.

The work for which the name of Mary

Wollstonecraft Godwin will always be remembered is "A Vindication of the Rights of Woman," This book, publish-

FAMOUS

WOMAN

BIRTHDAY

AND YOURS

TODAY'S FASHION NOTE



YOUR FIRST NAME

ITS ORIGIN AND THE FAMOUS FOLK WHO HAVE BORNE IT

ELIHU ELIZABETH

About the various Ellesers, Eleasars, About the various Eliesers, Eleasars, Elias Howe, the American, who, in 1845, completed the first sewing machine. The greatest man of any of these names events of the Old Testament—In modern times the feminine much more popular than the masculine forms of the name—Elizabeth a name of queens—it has more forms and variations than any other name. Elizabeth, makes up for them. It is said that it has more forms and abbreviations than any other name. For

By FRANCES MARSHALL.

Any one who has spent many hours in Bible study could string together a fairly complete record of the events related in the Old Testament by grouping them about the various Eleazars. Eliezers, Elihus, Elishebas, Elijahs and Elishas therein mentloned. And taking into account the New Testament forms of these names—
Elias, Elizabeth and Lazarus—part of the story of each of the Gospeis might also be pieced together around

might also be pieced together around the name.

The first Biblical man of the name was Abraham's steward, Eliezer. The next was Eleazer, one of the four sons of Aaron, and his wife was Eli
sons of Aaron, and his wife was Eli-

and the third Eleazar was one of the English Queen, after devoting her David's captains, who "arose and life to make her reign one of the most smote the Philistines until his hand prosperous her country had ever known, was weary, and his hand clave unto There is only one man named Elihu

mentioned in the Bible—the youngest and last named of Job's questioners But the greatest of all these menperhaps greater than any other of the small children at her side until she died prophets of Israel save Moses—were The most samella was the first Elijah and his friend and disciple cessor the young Elisha whom he his mantle upon him. And after Eliiah had been carried away in a charlot of fire. Elisha took his place as the greatest of the prophets of Israel. Elijah's name speedily became pop-ular among his people, and in New Testament days it became Elias. The Eleazar of the Old Testament changed, and Lazarus, the beggar of the parable, and Lazarus, the brother of Mary and Martha, whom brother of Mary and Martha, whom Christ raised from the dead, were the later representatives of this name. Elesheba was changed into Elizabeth, and in this form was borne by a woman, second only in importance in the Christian religion to Mary, the mother of Christ-her cousin, the mother

of John the Baptist. Over 1,200 years after the days of Eli-jah the Empress Helena, Empress of the Roman empire and mother of Constantine the Great, visted the Holy Land. There upon Mount Carmel, where the great prophet had performed some of his miracles, she built a church, and about it a cluster of hermitages. Still



There have been two great men named Elias: Elias the Levite, a famous He-brew scholar of the 16th century, and Elias Howe, the American, who, in 1845,

sheba. The next was a son of Moses country, has ever known, and St. Elizand the next Eleazar was the son of Abinidad, who was appointed to keep the Ark of the Covenant.

The third Eliezer was a prophet who prophesical against Johoshaphat. died a foriorn old woman. The Hun garian Queen, who had fed the poor and nursed the sick, and who had even given her own cloak to a beggar, was driven from her husband's place after his death, to wander the streets with her

The most samous Isabella was the first of her name in Spain, Isabella the Catho-Elisha. After some four or five years lic. To her bounty and generosity is due of ministry. Elijah chose as his successor the young Elisha whom he America. She equipped his expedition.

"Sir," said the little princess, "If God and my father so desire it, nothing will please me better, as I am told I shall

were signed Elizabeth Woodville, Queen of Edward IV, the most picturesque of the three

royal Elizabeths of England-not even excepting the great Elizabeth-was born in 1437. Her first husband died and she and her two sons were deprived of their One day she heard that the King was hunting in the forest of Whittlebury, near

her home, and she decided to waylay him and beg for mercy and justice for nerseif and her children. Her beauty

press Elizabeth Petrovna, the daughter of Peter the Great, who made her country stronger both in arms and in resources. Spain has had three royal Isatry stronger both in arms and in resources. Spain has had three royal Isabellas, and Elizabeth Christine, wife of Frederick the Great of Prussia, shares with St. Elizabeth of Hungary the task of making her name popular in Gerity, but have you the needed strength?

An unusual opportunity is presented not learned the first step toward concentration. The really happy person is expected responsibilities. Are you able to handle these? You have the ability, but have you the needed strength? many. In France one of the royal Isa-bellas was the wife of Philip Augustus and another was St. Isabel the Virgin, our strength

daughter of King Louis VIII.

Two women outside the pale of royalty. yet nearly within it, were Elizabeth, the favorite daughter of Oliver Cromwell. is nothing in which we are more and Betsy Patterson, the American girl wasteful than in matters of health and

who married Napoleon's brother, Jerome Bonaparte.
Two of the other great women of the name were Elizabeth Barrett Browning and Elizabeth Montague—the former one of the greatest women poets of the world. of the greatest women poets of the world. The latter was an author and social leader and established an association of literary, political and artistic men and women of her day known as the "Blue Stocking Club."

There have also been two great reWe run our work hard and our

formers of the name, Elizabeth Gurney Fry, the English prison reformer, and Elizabeth Cady Stanton, the American at whose home in 1848 the first woman's rights convention was held. The first Isabella was the wife of Philip II of France, who consented, on going to France from Hainault, to havgoing to France from Hainaut, to having her name changed from Elizabeth to a form more pleasing to French ears. The first Bessie on record was Elizabeth Woodville, the Queen of Edward IV of England. Eliza was first used by the poets of the great Elizabeth's reign, who liked the abbreviation better than the

full name.

El. the Hebrew word from which all these names are derived, means divinity and was the title by which God was known to the Hebrews before His reve-lation to Moses. Elijah, Elias and Elhu mean God the Lord. Elisha—and Ellis is mean God the Lord. Elisan-and Elliss is supposed to be derived from this-means God my Salvation. Eleazar and Ellezer mean God will help. Elizabeth means the Oath of God. (Copyright by Prances Marshall.)

TOMORROW'S MENU.

BREAKFAST.

Sauted Bananas.
Hominy and Cream.
Soft Boiled Eggs and Bacon.
rabam Gema.
Coffee. LUNCHEON OR SUPPER. Chicken on Toast.
Wheat Bread and Butter,
Sweet Omelet.

DINNER.
Clear Mutton Broth.
Rosat Pork.
Baked Potatoes.
Lima Beans.
Strubbery Salad.
Rice Pudding.

Warm Supporter of the Cause Is This Brindle Terrier Named "Votes"

chauffeur for the suffragists who go speech-making in

A crack motorist she can make good suffrage speeches. and can keep house.



Of course, "votes for women"-plain! Congressional committee of the N. A. W. "Votes" as they call him for short-will S. A. be one of the party. His fair owner "Votes" is making plans for goggles and wouldn't dare leave him behind. He has his motoring sweater and the special supsuch a fondness for suffrage literature that, were he watched carefully, he would devour every page of it at the N.

ply of dog biscuit that will have to be taken along for his especial benefit.

Miss Watrous has driven a car for many hundred miles in Illinois, and she able to discover, gray hair is due either

sought as the bride of Richard II, the English King. His ambassadors went to France to make arrangements for the cause. betrothal and entered the presence of the child princess. The stately Earl Marshal went down on his knees and said:

"Madam, by the blessing of God, you shall be our Queen."

"Sir," said the little princess, "If God and my father so desire it, nothing will

New Jersey this summer.

He's just a brindle buil terrier, but he's ishe will get her license out in that State. Is she will she drive the car, pump up tires, and readjust new nner tubes, but she will act as a suffrage spellbinder as well. She is an experienced advocate of the cause, having does considerable store the color of the health and circulation of the scalp, new hair would grow out the original store the color of the cause, having does considerable of the cause, ha



The trip begins May 12, and already

A. W. S. A. headquarters in the Munsey loyal American boy and girl can tell you.

The most interesting of the three royal Isabellas of England was born in France in 1387 and, when only 9 years old, was sought as the bride of Richard II, the English King. His ambassadors went to consecutive the page of the at the S. In page of the at the S. In also had some experience as a motorist in the District. Now she will undertake the position as suffrage chauffeur for this trip through the summer resorts of New Jersey, and within a few days decided white, it is due to a change in the pigmentation or a change in the pigmentation or a change in the pigmentation or a change in the pigmentation of the pigmentation of New Jersey, and within a few days decided white, it is due to a chemical sought as the bride of Richard II, the English King. His ambassadors went to consecutive the pigmentation of New Jersey, and within a few days decided white, it is due to a chemical should be proved the provided the pigmentation of the pigmentation of New Jersey, and within a few days decided white, it is due to a chemical should be provided the pigmentation of the pigmentation. This can be to allow the pigmentation of the pigmentation

please me better, as I am told I shall then be one of the greatest ladies on the carth."

This car will contain such experienced campaigners for suffrage as Mrs. Medill McCormick, of Chicago; Mrs. Winston McCormick, of Chicago; Mrs. Winston McCormick, of Chicago; Mrs. Winston McCormick, of Churchill and Mrs. Martha S. Kimball, State president of the New Hampshire to the King, and the betrothal contracts were signed.

New Jersey this summer.

In Washington she has been acting as home maker for her mother, Mrs. Antoinette Funk, at the residence of Mrs. State president of the New Hampshire Woman Suffrage Association.

In Washington she has been acting as home maker for her mother, Mrs. Antoinette Funk and her daughter have been living since the departure for Panama of Mrs. Gardener will contain such experienced and home maker for her mother, Mrs. Antoinette Funk, at the residence of Mrs. State president of the New Hampshire woman Suffrage Association.



YOUR STRENGTH. HOW?

How are we to preserve and increase our strength so it may be ready and sufficient for all needs and emergencles? We are a wasteful nation and there

which are active poisons. We dissipate our mental forces by lack of concentration—we send our thoughts hither and thither, wasting

We run our work hard and our pleasures hard. We are always encroaching on our reserve We continuously overdraw our bank account, spending more than we de-posit. Reserve strength is equal to

your bank balance. Bad physical and mental habits ex-haust us and waste our tissues. At the same time we do not eat rationally and exercise and breathe sufficiently to manufacture the blood necessary to restore them, or even to keep up their efficiency.

No wonder we have no reserve of

strength, nothing to call on when the emergency arises. Little wonder that the use of stimulants and narcotics is growing. How are we going to teach the duty of health? How are we going to make it a part of our knowledge?

We must first change our mental attitude toward health—learn not to be sat-

isfied with mediocrity.
We must demand perfect physical efficiency.

Health is not an accident; it is the result of the correct action of mind and body. How shall we get this? By intelligently working for it.

With few exceptions good health can be the portion of every man, woman, or child. Age, occupation, heredity are no harm to it.

bars to it.
Learn to breathe correctly, to walk Learn to breathe correctly, to walk correctly, to eat and drink correctly, to think and use your mental forces correctly. Train your body and mind to do but one thing at a time. Put all the thought necessary for a certain action into that action—that much and no more. In that way we get the highest results from action and neither waste nor dissipate physical or mental effort.

leffort.

Let us use an example common to most of us—housework. One woman can get a meal, serve it, wash the dishes and put them away and the operation leaves her as fresh as when she commenced it. She has not made an unnecessary movement. When she turned over the steak.

Miss Cocroft will endeavor to answer heroine's baby when it wasn't due to ap-all questions relating to her department pear until three years later in the fourth as promptly as possible. As it will not act .- U. of Pennsylvania Punch Bowl. be practicable to print an answer to evry inquiry, a stamped envelope should accompany each letter. All letters should law,

First Stage Hand-What was the row Second Stage Hand-The understudy nursemaid got excited and carried in the

in refusing to prescribe alcohol for ill-

Keep the Children

Happy youngsters must healthy. The digestive organs of

children get out of order as rapidly as do those of their elders, and the

result is equally distressing. When

the bowels are clogged with an ac-

cumulation of refuse from the stom-

ach the child naturally becomes

cross and fretful from the discomfort, and is often punished for tem-

per when medical attention is really

The next time your child is cross

and unhappy, without apparent rea-

son, try giving it a mild laxative.

Dr. Caldwell's Syrup Pepsin is a

mild, pleasant-tasting combination

of simple laxative herbs with pepsin, and is especially recommended

for children because of its freedom

from all opiate or narcotic drugs

and its gentle action. It is sold in

drug stores everywhere. A free

trial bottle can be obtained by writ-

ing to Dr. W. B. Caldwell, 524

be practicable to print an answer to every

care of this paper.

A. H. C. writes: "Is it possible to in-

rease the height after the age of 21?"

Yes, I know a case where a woman in

creased her measured height two inches after she was #) years old. Her bones, of course, did not grow, but she stretched

the ligaments about the joints and learn

ed to carry head and shoulders properly

One can always increase apparent height by exercises that improve the carriage and manner of standing and walking.

and it is often possible to increase the

measured height by exercises that stretch

Restore Gray Hair!

F. M. G. writes: "Please tell me what will restore my hair. It is turning gray

F. B. writes: "Our family physician

in whom we have always had great confidence recently ordered regular doses of brandy for an adult member

the muscles and ligaments

Washington St., Monticello, Ills.

what is needed.

Bright and Happy

SOUTH CAROLINA **SPOONS**

are here

Oneida Community SILVER State Seal 12 **SILVER** Spoons

> And This Coupon-

These States

Now Here: Michigan Virginia Connecticut Pennsylvania New York North Carolina South Carolina New Hampshire

CLIP THIS COUPON

This Coupon with 13 cents is good for one Spoon (25 cents for two Spoons). when presented to the office of The Washington Herald.

Note-When ordering by mail, add 3 cents extra for each spoon.

